

Claims

What is claimed and desired to be secured by Letters Patent is as follows:

1. An exercise device comprising:
 - (a) a cross bar;
 - (b) a dumbbell pivotally connected to each end of said cross bar.
2. The exercise device as in Claim 1 wherein said dumbbells are removably securable to said cross bar.
3. The exercise device as in Claim 1 further comprising:
 - (a) a resilient grip member removably securable coaxially around a center section of each of said dumbbells.
4. The exercise device as in Claim 1 wherein each of said grip member has a diameter sufficient to conform to a substantially open-handed grip.
5. The exercise device as set forth in Claim 4 wherein:
 - (a) each of said grip members has a diameter in a range of approximately four to six inches.

6. The exercise device as in Claim 1 and further including:
 - (a) a resilient grip member removably securable coaxially around said cross bar.
7. The exercise device as in Claim 1 wherein:
 - (a) said cross bar is adjustable in length to enable selective variation in spacing between said dumbbells.
8. An exercise device comprising:
 - (a) an center bar having opposite ends;
 - (b) a pair of end bars rotatably secured to said opposite ends of said center bar;
 - (c) each end bar having a grip member removably securable thereto in coaxial alignment therewith; each of said grip members having a diameter sufficient to conform to a substantially open-handed grip.
9. The exercise device as in Claim 8 wherein said end bars are removably securable to said center bar.

10. The exercise device as in Claim 8 wherein said end bars extend approximately perpendicular to said center bar.
11. The exercise device as in Claim 8 wherein each of said end bars includes a fastening mechanism thereon to enable releasable connection of a weight member thereto.
12. The exercise device as set forth in Claim 8 wherein:
 - (a) each of said grip members has a diameter in a range of approximately four to six inches.
13. The exercise device as in Claim 8 further including:
 - (a) a resilient grip member removably securable coaxially around said center bar.

14. The exercise device as in Claim 8 wherein:
 - (a) said center bar is adjustable in length to enable selective variation in spacing between said end bars.
15. An exercise device comprising:
 - (a) a center bar having opposite ends;
 - (b) a pair of dumbbells, each connected to one of said opposite ends of said center bar, wherein at least one of said dumbbells is pivotally connected relative to said center bar.
16. The exercise device as in Claim 15 wherein at least one of said dumbbells is removably connected to said center bar.
17. The exercise device as in Claim 15 further comprising:
 - (a) a resilient grip member removably securable coaxially around a center section of each of said dumbbells.
18. The exercise device as in Claim 17 wherein each of said grip members has a diameter sufficient to conform to a substantially open-handed grip.

19. An exercise device comprising:
- (a) a center bar having opposite ends;
 - (b) a pair of dumbbells, each connected to one of said opposite ends of said center bar, wherein at least one of said dumbbells is removably connectable to said center bar.
20. The exercise device as in Claim 19 wherein at least one of said dumbbells is pivotally connected relative to said center bar.
21. The exercise device as in Claim 19 further comprising:
- (a) a resilient grip member removably securable coaxially around a center section of each of said dumbbells.
22. The exercise device as in Claim 21 wherein each of said grip members has a diameter sufficient to conform to a substantially open-handed grip.